

JAX AIR NEWS

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Master Chief Petty Officer of the Navy MMCM(SS/SW/AW) Jim Herdt addresses NAS Jacksonville Sailors during an all-hands call on base Oct. 22.

MCPON visits NAS Jax, hears Sailors' concerns

Story and photo by JO2 Mike Jones
Assistant Editor

Master Chief Petty Officer of the Navy MMCM(SS/SW/AW) Jim Herdt visited NAS Jacksonville Oct. 22. During his visit, Herdt toured several facilities on base and met with Sailors in an all-hands call at the base theater.

At the meeting, Herdt explained the numerous changes to Navy benefits, and took several questions from audience members. Quality of life issues to see recent changes include Servicemembers Group Life Insurance (SGLI), which saw an increase in coverage from \$200,000 to \$250,000; Thrift Savings Plan, the government investment savings plan which began this fall, and Tricare for Life.

One of the biggest changes, Herdt said, was the Sea Pay Reform for enlisted Sailors. "This is a big deal. This is huge," he said. "We've been trying to do

this for three years, and we've finally got the money to do it. And we not only have the ability to pay up to \$750 a month in Sea Pay. What have you been telling me for the last three and a half years you wanted in Sea Pay? E-1 to E-3 Sea Pay. We got it - \$50 to \$100 a month."

Another important change Herdt explained was the military pay raise. In 1998, the Navy received its largest increase in pay in over 18 years, he said. This year, the pay increase will resemble a bell curve, with the largest increases to the senior enlisted ranks. "We think there's still a lot of work to be done," he said. "We still need to build back the incentive for Sailors to become senior in the enlisted ranks."

The reform in housing allowances was also a significant change, Herdt said. "We shifted over from the old sys-

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Jags vs. Bengals Game: A good deal for base personnel

The Jacksonville Jaguars are offering great deals for sailors, retirees, civilian employees and their families who wish to attend the November 11, 2001 Veterans Day Salute to the Military game against the Cincinnati Bengals.

In addition to participation by Navy Band Southeast, Rear Adm. Jan Gaudio, Commander Navy Region Southeast, will reenlist 100 Sailors and Marines during a pre-game ceremony.

The Jaguars are offering the following incentives for the 1 p.m. game at Alltel Stadium:

- * Tickets are \$30 (\$59 value)
- * Free footlong hotdog, soda and popcorn
- * Seats located in the east and

west upperdecks

* Purchase a JTA Shuttle Pass for an additional \$5 (\$7 value)

* Block seating reserved exclusively for all active and retired military and civilian employees their family and friends

* Game day parking in Lot DD for \$10.

* No limit to the number of seats you can purchase.

Order by credit card by calling (866) 452-4784 or visit www.jaguars.com and use the offer code of "Military." For cash, credit card and check purchases you can also go to the MWR/ITT Office at NAS Jacksonville, Naval Station Mayport or Naval Submarine Base Kings Bay.



U.S. Navy photo by PHAA Lance H. Mayhew, Jr.

An F-14 Tomcat is in afterburner as it launches from the flight deck of USS Enterprise (CVN 65) for a mission over Afghanistan in support of Operation Enduring Freedom. For more on Enduring Freedom, see page 13.

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Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's website:

<https://www.nlmo.navy.mil>

Meet a Sailor... MS3 Kevin Bryant



Job title/command: Cook/ NAS Jacksonville Galley
Hometown: Oxon Hill, Md.
Past duty stations: USS Nassau
Family Life: Engaged, has one child.
Career Plans: To finish college.
Most Interesting Experience: The birth of my daughter.
Words of Wisdom: "Hope is to wish, faith is to know."

Meet a Civilian... Donald Surface



Job title/command: Pot shack/NAS Jacksonville Galley
Hometown: Jacksonville, Fla.
Family Life: Single
Career Plans: To better myself.
Most Interesting Experience: Went to Tampa on vacation.
Words of Wisdom: "God helps those who help themselves."

Late Exams Are Here!

By JO3 Jackey Bratt
Staff writer

One of the many activities disrupted after Sept. 11's events was the Navy-wide advancement exams. Although many Sailors were afraid the exams would be postponed for months, the regular exams took place Thurs. Oct. 4 at Hangar 1000.

The delay on administering the test caused delay for the late exam. The new date for the late exam has been set for Wed. Nov. 14 at 0800 in Hangar 1000.

"The results for this exam will come out at the same time the results for the first exam" stated PN1 Tommy Melvin, attached to Personnel Support Detachment, NAS Jacksonville.

Three to four months prior to the actual exam, a time-in-rate eligibility sheet is sent to each command from PSD. From there, a Sailor's command decides to either recommend or not recommend their Sailor to take the advancement exam.

Personnel Support Detachment (PSD) prepares and prints out worksheets, which are assigned a serial number to ensure security. Two months prior PSD orders advancement exams for the base.

Personnel from PSD then administer the advancement exams and send the tests to Pensacola Florida where they are graded.

To provide additional emphasis on professional development and to reinforce the objectives of the Navy's leadership training continuum, all advancement exams will be modified to increase the emphasis on professional military knowledge. A new professional military knowledge section will replace the 15 military requirements questions on the current exam will vary in size depending on the pay grade of the exam.

The exam questions for this section will reinforce the objectives of the leadership training continuum, Navy military

training, and general military training. The time allotted to the exam will remain at three hours.

It usually takes two months to hear any word on how you fared out. Each Sailor will receive a copy of their profile sheet, which tells the number of questions in each examination section and the number of questions you answered correctly in each section. It also gives you a percentile which reflects how well you did in each examination section in relation to your peers who took the same examination, and that examination only.

A NAVADMIN message will come out explaining who got advanced to their next respective rank.


All commands that have or had reservists on board who were recalled under subject programs and missed participation in the cycle 069 exam should request a late exam immediately. It is imperative that Naval Reserve Activities who have exams on board for late administration, but were not administered should destroy those exams and advise gaining command of the recalled reservist's name, rate, and social security number to allow the gaining activity to order late selected reserve exams for administering.

The point of contact is PNC Johnson at (901) 874-4541/DSN 882 or email at: P812A@PERSNET.NAVY.MIL

The basic idea of the advancement exams is to assess the knowledge and experience gained in the Sailor's years in the Navy, and not a few weeks cramming for the exam.

For more information on advancement in the Navy, you can go online and check [www.http://www.advancement.cnet.navy.mil](http://www.advancement.cnet.navy.mil).

You can also contact Mrs. Stromberg, the Educational Services Officer supervisor at NAS Jaxby calling 542-4201.



It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Attend a Spiritual Growth Retreat Nov. 2 - 4. For more information, or to register, call CREDO at 270-6958.

CREDO

Editor's note: Current security measures require Jax Air News avoid using last names of nearly all Sailors assigned to deployable commands or holding sensitive positions.

Until this measure is rescinded Jax Air News will introduce these Sailors

and other military personnel by rate, rating or rank and first name only in the first reference. For example: Lt. Bill, Chief Beth, Petty Officer Jose, Aviation Ordnanceman First Class Pete, Airman Julie.

JAX AIR NEWS

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NAS Jax Food Locker: helping shipmates in need

Story and photo by
JO2(SW) Shae Blasko
Staff writer

The NAS Jax Food locker here is always excepting food or monetary donations to help servicemembers and their families keep a healthy meal on the table during rough times, but during the holiday season they always need more donations than ever.

The NAS Jax Food Locker job is to provide food or the means to provide food all year around for servicemembers and their family during times of need.

During the Holidays commands screen their servicemembers to find who needs help.

Once screened, commands will give a list to the NAS Jax Food Locker. The locker will then make holiday baskets to give to the needy servicemembers and their family during Christmas and Thanksgiving.

There are two ways a person can donate to the food locker. AO3 Kwame Leverette, a food locker custodian, said,



AO3 Kwame Leverette food locker custodian and EM3(SW) Paul Pennell food locker custodian opens a box of canned goods as they stock shelves.

"Anyone can donate either food or money to the locker. The money is used

to buy perishable items such as meat, milk and bread that we can't keep on

hand." Leverette added, "We always need donations, but during Thanksgiving and Christmas we need donations the most."

For a servicemember and their family to receive food from the NAS Jax Food Locker during the non-holiday season they must be screened by their command and the Navy Marine Corp Relief Society.

Once screened and approved for help the servicemembers and their families can come to the locker to receive food.

EM3(SW) Paul Pennell NAS Jax Food Locker custodian added, "We are here to help out all of our shipmates in a time of need. It's hard to realize that there are military families that need help, but that is why the food locker is here, to help them in rough times," said Pennell.

Donations and pick-ups are conducted Monday through Friday, except holidays, from 8 a.m. to 4 p.m. at NAS Jax Welcome Center (Bldg. 590, 2nd floor).

For more information contact the NAS Jax. Food Locker at 542-3918.

NAS Jax welcomes new Cubs

By **JO2 (SW) Cliff Williams**
CNRSR Public Affairs

One day in 1909, in London, England, an American visitor, millionaire Chicago publisher William D. Boyce, lost his way in the dense fog. He stopped under a street lamp and tried to get his bearings straight. A boy then approached him and asked if he could help. After helping him, Boyce produced a shilling for the boy, but the boy said no thanks and explained that he was a Scout.

Intrigued, Boyce asked what that was and the boy continued to tell him. Then Boyce asked the boy to take him to the British Scouting Office. There, Boyce met with famous British General, Lord Robert Baden-Powell, who had founded the Scouting movement in Great Britain.

On Feb. 8, 1910, Boyce and a group of outstanding leaders founded the Boy Scouts of America. From that day forth, Scouts all over the world have celebrated the day as the birthday of Scouting of the United States.

Today, there are hundreds upon hundreds of Scout troops in the United States, there are more than 100 troops and packs in the state of Florida alone. Cub and Boy Scouts in all 50 states are all seeking the opportunity to earn the ranks of Tiger, Wolf, Bear, Webelos, Tenderfoot, Second Class, First Class, Star, Life and finally Eagle. The quali-

fications for each rank are more in depth than the one before and with each comes more opportunity and more responsibility. NAS Jacksonville, will be the home of one more troop, Boy Scout Pack 256.

The new Scout Troop was formed by ATC (AW) Mark Dietrich, who explained how it came to be. "Initially we went to Venetia Elementary School, where my son currently attends school," he said. "They had a recruitment campaign going for the Boy Scouts. And it turned out several of the boys were NAS Jax military family members."

Deitrich, who was not a Scout growing up, volunteered to be the pack leader to spend more time with his son. "We made contact with the base Command Master Chief, who spoke with the Commanding Officer and he said go for it. Every person who signed up at Venetia was in the military and was living on base housing, so we said instead of everyone going ten miles to their church, why don't we do it at the base chapel. Everything else took its course. We signed up (with the Boy Scouts of America) in August. It took a lot of phone calls, but we got all the training we needed to start our pack."

"Right now we are only a Cub Scout pack," explained PH2 Chick Withrow, Wolves Den Leader. "However we plan on growing and when we get students who are sixth graders and older, we can



Photo by PH2 Chuck Withrow

Scout Leader ATC (AW) Mark Dietrich lines up all Scout members for the Boy Scout Pledge

upgrade to become a Cub and Boy Scout Troop."

Contrary to popular belief, to be a Cub Scout leader doesn't require a lot of training and classes. There is an all day class held for all participants for the program. "We had to go to training called the "Fast Start" program, where we spent a couple of hours watching a few videos about what the Boy Scouts are all about," said Dietrich. "We also went to a Saturday class that started at 8 a.m. and ended at about 5 p.m., that included watching videos on recognizing child abuse and other things that are important to look for when dealing with small children."

The children are very excited about this new chance to meet others their age, to participate in trips and to learn.

For the Scouts, each grade is broken down to different dens. "There are different dens and we have a Cub Master who oversees all the activities that go on in the dens," explained Withrow. "The first graders are the Tigers, the second graders are the Wolves, third are the Bears and the fourth graders are the Webelos."

The NAS Jax Boy Scouts are always looking to expand. If any person is willing to volunteer their time to help with the Scouts or to enroll their child, they are more than happy to welcome new people. Each Monday, Cub Scout, and soon Boy Scout meetings, are held at the base Chapel Conference Center, Building 749 at 6:30 p.m. To join or to be a volunteer, stop by on Mondays or contact Deitrich at Dietrich4@aol.com.

MCPON: Herdt visits base

Continued from page 1

tem," he said. With the reform, Herdt said Sailors should see zero out-of-pocket expenses when it comes to off-base housing. "We're in the process right now to phase that in," he said. "The average housing (cost) for your designated pay grade should look exactly like you're living in base housing."

Herdt also said the improvements to enlisted utility uniforms is a source of pride. "When I see Sailors in our new utility uniforms, they look so professional."

During the meeting, Herdt took time to praise the efforts of the Naval Reserve, many of which have been recalled due to the increase in security. Herdt also stressed the need for senior enlisted leaders to pay attention to junior Sailors and to help guide them in their service. "Let me tell you why the Millennium generation has joined. They want to be a part of something they can make a differ-

ence in. They want the opportunity to grow and develop."

Herdt concluded the meeting answering questions covering various topics including education benefits, commission opportunities, selective reenlistment bonuses and retirement options. He departed NAS Jacksonville following the all-hands call.

In addition to visiting Sailors at ships and bases around the world, Herdt also hosts the Naval Media Center-produced "MCPON Minute" in which he addresses many of the concerns raised by Sailors during his visits. Updates from recent "MCPON Minutes" can be downloaded from the Internet at <http://www.chinfo.navy.mil/navpalib/mcpn/minutes/minutes 01.html>.



Master Chief Petty Officer of the Navy MMCM(SS/SW/AW) Jim Herdt answers a Sailor's question at an all-hands call.

Team efforts lauded NADep earns three awards

By Susan Brink

NADEP Jacksonville Public Affairs

Vice Adm. Joseph W. Dyer, Jr., Naval Air Systems Command, presented the first NavAir Commander's Awards in a Ceremony that was aired via Video Teleconference Sept. 19. The NavAir Commander's Awards are presented in recognition of the vital role that teams and teamwork play within NavAir. Out of the five awards presented, Naval Aviation Depot (NADep) Jacksonville was the recipient of three Team awards.

The 2000 NavAir Commander's Award for Supporting the Warfighter went to the Engineering Investigation Business Process Reengineering Team. This team overcame technological, fiscal and resource challenges to reduce the Engineering Investigations



(EI) backlog by 50 percent, reduced the cycle time by 63 percent, exhibited a zero percent EI loss rate subsequently creating a cost avoidance of \$50.6 million in materials, and reduced the shipment time by 98 percent. Members of this team from NADEP Jacksonville were: Dave Knox, Lou Godshcaw, John Willis, and Robert Wagner.

The 2000 NavAir Commander's Award for Resources and Affordability Achievement went to the Packaging,

Handling, Storage and Transportation (PHS&T) Working Group. This team recognized the need for and changed fundamental business procedures and practices associated with the PHS&T of retrograde material and the overhaul and/or repair of components for Fleet use. The Teams innovative approach and efforts project expected more than \$78 million cost avoidance per year. Members of this team from NADEP Jacksonville were: Steve Bevan, Jack Davis, Ron Estey, Bob

Fulir, Wayne Gwilliam, Chris McAdams, Cmdr. Steve Powell, Ron Short, Larry Solano, Larry Todd, and David Ulrich.

The 2000 NavAir Commander's Award for Supporting Our People went to the 4.0 Research and Engineering People Focus Group. This team was truly impressive in showing how devoted they were to improving the work lives of our NAVAIR teammates. The enhancements they made within the 4.0 organization have impacted everyone in the NavAir organization in a positive manner. Members of this team from NADEP Jacksonville were: Gabe Kovacs and Tom Postma.

Congratulations to all of the NADEP employees who were presented the first NavAir Commander's Awards. This is testament to the exemplary efforts and outstanding support and service our team provides the fleet.

NADep streamlines maintenance

By Dave Dollar

Business Processes Division Director

The Naval Air Depot, Jacksonville, Fla. (NADep Jax), has just completed a change to a modern, off-the-shelf maintenance, repair and overhaul (MRO) software system.

This change represents a transition from aging, custom-developed legacy software to modern, off-the-shelf software systems with the goal of improving aviation depot responsiveness while reducing operating costs.

NADep Jax was designated in 1996 as the Initial Operating Site for the Department of Defense (DoD) Manufacturing Resource Planning (MRP II) program.

MRP II implementation is a vital step in helping the government achieve maximum military readiness at an affordable cost.

The software used for this implementation was provided by Western Data Systems (WDS) and this is the first time a government Depot has completed implementation of a commercial-off-the-shelf software package throughout a major MRO facility.

This extensive systems implementation project, was coordinated by the DoD MRP II program office located at the Naval Air Systems Command (NavAir), Patuxent River, Md. Capt. Thomas Cahill, Joint Program Manager provided necessary acquisition resources and processes to Capt.

Christopher Roum, commanding officer NADEP Jax, who lead the on-site implementation.

After a Jan. 4, 1999 project start, MRP II was implemented in stages, with full cut-over to the new software and operating principles completed on Oct. 1, 2001. Now all shops at the Jacksonville Depot are "live" on the WDS CompassCONTRACT(c) MRO system.

One hundred percent of all work is now on the system, including all aircraft and engine types supported by NADEP Jax, as well as annual production of avionics, and component items. Two hundred and one thousand work orders inducted, under MRP H since January 2001, have been completed.

The NADEP Jax Workload Control System legacy application, which has been in use at the Depot for the last 30 years, was officially shutdown as of close of business on Sept. 30.

NADEP Jax is already seeing positive results from the new system, including a 16 percent increase in avionics production.

Some initial skepticism has been replaced with acknowledgement that the new system is superior to the old way of doing business and is enabling NADEP Jax to better serve naval aviation.

The same WDS MRO software is also scheduled for implementation in the Naval Air Depots in Cherry Point, N.C. and San Diego, Calif.

MADD reps deliver sober driving message with CV-TSC Ashore

By FC1 Anthony Glossenger

CV-TSC Ashore PAO

All work was put on hold and Carrier Tactical Support Center (CV-TSC) Ashore held a safety stand-down on Sept. 19.

This Stand Down had a significant impact on the command. Debbie Jones, director of the Northeast Florida Chapter of MADD, Candice Palmer and two people convicted of DUI came over to do MADD's presentation on driving under the influence.

The presentation covered a wide range of topics dealing with driving while intoxicated.

First they discussed Florida's laws concerning DUI. What could happen to a person caught driving while impaired, or if they cause and accident, which causes severe bodily injury or death. The duties and responsibilities of the designated driver were discussed.

To drive home the impact of DUI, slides of crashes caused by people who were driving drunk were shown

and Candice Palmer talked about her son who was hit and killed by a drunk driver.

She explained the "ripple effect," when an accident occurs. It does not just affect the people involved in the crash; it also affects their families and friends.

Last to speak were the people who decided to ignore the law and drive drunk. Both were involved in accidents where people were injured or killed.

They wanted others to know the impact drinking and driving has on their lives and the lives of their victims.

The presentation was full of information all drivers should know. The people from MADD routinely do these lectures for command Safety Stand Downs as well as schools. MADD does not charge anything for these lectures.

If any others are interested in having MADD speak to their people, they can call Debbie Jones at 743-4040.

HS-11 passes 10 years of zero Class-A mishaps

By JO3 William D. Price, Jr.

Ten years. A decade. A lot has happened in the last ten years — Desert Storm — Six championships by the Chicago Bulls — Helicopter Antisubmarine Squadron (HS) 11 flies Class A mishap free.

HS-11 is a helicopter squadron attached to USS Theodore Roosevelt and Carrier Air Wing One. The “Dragon-slayers,” as they are called, specialize in anti-submarine warfare and search and rescue among many other missions. Tuesday, they celebrated their 10th year of no Class A mishaps with a cake-cutting ceremony.

“This is something to be proud of,”

said Capt. Stephen Voestch, commander officer of Carrier Air Wing One (CVW1). “It took a total team effort. You guys are awesome.”

A Class A mishap is defined as an incident that causes a million dollars worth of damage or results in the loss of a life.

“That’s 32,500 hours and counting,” proclaimed Cmdr. Brent Canady, commanding officer of HS-11.

HS-11 has been so safe for so long,



Canady was a lieutenant when the last mishap took place.

“We have a good squadron here,” he said. “We don’t do anything special to prevent mishaps. “No one flies an unsafe aircraft.”

Canady said that everyone within the squadron contributed to the milestone in safety.

The maintenance crew from HS-11 does not cut corners or perform any special maintenance to keep the aircraft

or the crew safe.

“Our checks are by the books,” said AM1(AW) Hughey M. Burke, from Ocala, Fla.

Safety is job number one for the squadron, based in Jacksonville, Fla., and safety means rigorous checks of every airframe. “We perform checks after every 150 flight hours,” said AD1(AW) Timothy E. Jastrzowski, from Ft. Wayne, Ind. “We inspect everything and make sure it is all safe.”

Voestch said that while the celebration is great, work should continue to make the next 10 years safe as well.

Congratulations to HS-11. With zero Class A mishaps in ten years, you all have reason to celebrate.



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NAS Jax Sailor spins 'Wheel of Fortune'

From Naval Air Reserve Jacksonville Public Affairs

A Sailor who is in charge of publicizing the accomplishments of others recently found herself in the public eye. Navy Chief Journalist (JOC) Deborah Carson, who is assigned as the Public Affairs Officer on board Naval Air Reserve Jacksonville, went to Sony Pictures Studios in Culver City, Calif. on Aug. 2 to try her luck as a contestant on Wheel of Fortune, the number one syndicated game show in history.

"I can't even begin to tell you how much fun this entire experience has been," said Carson, after returning from her trip.

Carson was the final winner for the show she appeared on, taking home \$10,350.

Gleefully recalling her experience on the game show, Carson said, "The best part was actually standing next to Pat Sajak, and looking down at that big wheel that I've seen on TV for so many years and thinking, 'Wow, I finally made it on my favorite game show!' If someone had told me this was going to happen someday, I would have told them they were nuts!"

Carson began her quest to appear as a contestant on the show at an audition back in January although she had been a big fan for years dreaming of appearing on the show.

After an arduous interview and testing process and "a lot of waiting," Carson was thrilled to get a call from the Wheel of Fortune contestant department inviting her out to California to appear on the show. "I figured I had somewhat of an advantage over the other contestants because as a Journalist I work with words everyday. Plus, since my specialty in the Navy is broadcasting, I didn't think the cameras, lights or studio audience would bother me," Carson said.

"Boy, was I wrong. As soon as the show started taping and Pat Sajak and Vanna White walked out onto the set, I totally lost my composure. But I'm not sure that anyone will notice just how nervous I felt, at least I hope not."

Carson says it was the fastest half-hour of her life. "Yeah, it's all a blur to me. I'll be watching the show for the

first time when it airs too, so it should be pretty entertaining," she said. (The show aired Oct. 1 on stations across the country and a week later on the Armed Forces Network overseas.) "I've always watched Wheel of Fortune," she said. "Even during the seven years I was stationed overseas we always watched the show on the American Forces Network," she said. "And I still have friends stationed over there who I know enjoy watching the show because it's a TV program from home that the whole family can enjoy together."

Carson continues to be bombarded with questions about what it's like to appear on the popular TV game show. "Aside from asking me how much money I won, most people want to know what Vanna's really like and whether Pat Sajak is as short as he looks on TV," she said. "I tell them that Vanna is very sweet and down to earth and Pat is about average height for a man, not real tall, not real short, but he is cute and very funny."

She says being on the show was an experience she'll never forget. "I'm sure years from now I'll be telling my kids and grandkids about this. I'm just excited that I had the opportunity to represent the Navy in such a positive way."



JOC Deborah Carson, Naval Air Reserve Jacksonville public affairs officer, with Wheel of Fortune host Pat Sajak, during a recent taping of the popular game show.

Jacksonville Fire Department Earns 2000 Life Safety Achievement award

From RFSI

The Residential Fire Safety Institute (RFSI) has presented the NAS Jacksonville Fire Department with a Life Safety Achievement Award for the year 2000. Roy L. Marshal, Director of the RFSI, announced the award.

The Life safety Achievement Award recognizes local fire prevention activities that contributed reducing the number of lives lost in residential fires.

The NAS Jacksonville fire department qualified for the award in year 2000 because it recorded zero fire deaths in structures during that year.

Although residential fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of fire deaths. The RFSI is committed to reducing the number. A total of 1,124 fire departments in the U.S., Canada and Iceland received the 2000 Life Safety Achievement Award.

"Experience tells us that fire prevention activity and public education can significantly reduce life and property loss

from residential fires," Marshal said. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression.

The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve those efforts."

The RFSI is a public interest group whose mission is to reduce residential fire deaths and injuries.

The RFSI advocates the use of residential fire sprinklers, smoke alarms and teaching fire-safe behavior. Its principal program is Operation Life Safety, which assists fire departments with implementing residential sprinkler/smoke alarm programs.

The RFSI's membership includes the United States Fire Administration, the National Association of State Fire Marshals and private industry/ associates with an interest and commitment in residential fire safety.



Photo by J22(SW) Eric T. Clay

Members of NAS Jacksonville Fire Department display a Safety Achievement Award recently presented by the Residential Fire Safety Institute



Keep NAS clean

It is home and workplace
for nearly 25,000 Sailors,
Marines and civilians

Stay safe this Halloween

By JO2 (SCW) Eric T. Clay
Staff writer

To ensure a safe and fun happy Halloween safety should be on everyone's minds. From the children trick-or-treating, to the motorist on the road, safety this Halloween is very important. The following safety tips should be discussed between parents and their children prior to Halloween night.

To ensure children's safety, the following should be observed: cross only at corners, never cross between parked cars, walk facing the oncoming traffic if there is no sidewalk, always remove masks before crossing streets, be aware of cars that may be turning into or backing out of driveways and never go into a stranger's house.

Parents should know the route their children will be taking, make sure children are accompanied by an adult, know what other activities a child may be attending,

such as parties, set time limits on when children should return home, explain to children the difference between tricks and vandalism, instruct children not to eat treats until they return home and parents had a chance to inspect those treats.

Costumes should be made of flame retardant material, be made of bright material, include a flashlight or reflector strips on the costume, so that children can be seen, not include high heel shoes or long dangling pieces that a child may trip over.

Motorist should drive cautiously on Halloween Eve. Excited youngsters may forget some of these safety rules and dart out in front of your car.

Residents should remove all obstacles from their lawns and steps to prevent children from being injured and have a well-lighted home, both inside and out, to prevent vandalism and to prevent injuries to little ghosts and goblins.

Navy College Learning Center celebrates seventh anniversary

All hands are invited to the Navy College Learning Center's seventh anniversary Oct. 30 - Nov 1 celebrating

the academic success of active, retired and reserve personnel and their adult family members. Information on all education programs will be available.

Grand prize is a Hooters' VIP Wing Party, all the wings you can eat for 11 people.

Tuesday, Oct. 30: Adult Family Member Appreciation Day - First Prize: Manicure from Nails Faux Real.



Light refreshments all day.

Wednesday, Oct. 31: Official Anniversary Celebration - First Prize: gift certificate from J.L. Trent's Seafood & Grill. Cake-cutting ceremony at 11 a.m. with subs and


drinks for all visitors while they last.

Thursday, Nov. 1: Retiree and Reservist Appreciation Day -First Prize: gift certificate from Sweet Tomatoes.


Light refreshments provided all day.

We hope to see you there at Bldg. 110, at the corner of Yorktown and Langley Streets, second floor, 542-3676.

NAS Jax drivers, be prepared to



**Watch for
base youth
boarding
&
exiting
school buses**



COMMUNITY CALENDAR

OLF Whitehouse closed to hunting

The commanding officer of Naval Air Station Jacksonville has closed Outlying field (OLF) Whitehouse to hunting and other civilian activities. This policy will remain in effect indefinitely.

The Texas A&M Hometown Club invites all "Aggies" to join them in watching Aggie football and cheering on the team this season. Call Lt.j.g. Puig for more information at 542-2052.

U.S. SubVets Kings Bay Base/WWII Trident Chapter meets the first two months of each quarter, on the third Wednesday evening at 6 p.m., at the St. Marys Submarine Museum, 102 St. Marys Street West, St. Marys, Ga. Attendance at meetings is open to anyone who served on and "qualified in submarines." The third month of each quarter, on the third Saturday, the chapter holds a social/dinner meeting at a place to be determined. Call (912) 882-ASUB, e-mail: subvets_kingsbay@bigfoot.com, or check out our website at: <http://kbtridentsubvets.hypermart.net/>.

Start an AMVETS Chapter. Veterans of Clay, Duval, Bradford, Nassau and St. Johns Counties are invited and

encouraged to start an AMVETS Post in your community. Unite with fellow veterans socially and to service other veterans. It takes only 10 members to get started. All veterans including active duty members may join. AMVETS District XV Commander, Bill White will assist you in every way until you are on your own. Call 352-473-2369.

The Navy Wives Club of America, NWCA Jax #86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

The Ladies Auxiliary of the Fleet Reserve Association Unit 126 will hold its regular monthly meeting today at 10 a.m. at the Fleet Reserve Hall, 7673 Blanding Blvd.

The Greater Jacksonville Agricultural Fair, set for Oct. 17-28, is seeking entries for its Arts & Crafts section. Located on the floor of the Coliseum the Arts and Crafts section will offer awards for several age divisions, from Golden Years to Youth. Craft categories include Christmas crafts to woodcrafts,

needlecrafts, practical art, fine art, gems, minerals, weaving and fiber arts. There will also be a First Coast Fashion Show Oct. 28 and with competition in fashion design, both amateur and professional. For entry forms, rules and prize information call 353-0535 or visit www.jacksonvillefair.com.

Fleming Island United Methodist Church's Pumpkin Patch event will once again fill the grounds at the church with pumpkins awaiting new home. The church is located on U.S. Highway 17 in Fleming Island, 3 miles south of Eagle Harbor. Pumpkins will be on sale through Oct. 31 with proceeds benefiting church youth missions and trips. The Pumpkin Patch is open from 9 a.m. to 9 p.m. For information call Michelle Jacobsen at 284-3366.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday, Nov. 13, at 1p.m. at the Orange Park Library.

The National Society of Black Engineers invites you to participate to attend their Nov. General Body meeting. The meeting will be held Tues. Nov 6 at 6p.m. at the Jacksonville Urban

League located at 903 W.Union Street. Duval Lions Charity Bowl to take place Nov. 10 at Ribault High School 7p.m. The net proceeds will go to the Shriners Hospital for Children.

Cathedral announces 50th Anniversary of the Cathedral, a Choral Evensong Concert will be presented on Sun., Nov., 4 at p.m. in the downtown Cathedral located at the corner of Duval and Market Street.

Golden Corral offers free dinners to active duty military and veterans Nov.12 from 5p.m.-9p.m. This does not apply to spouses or dependents.



Make us
your first
resource;
not your
last
resort.

542-3191

VOLUNTEER OPS

Greater Jacksonville Fair Fright House - Oct. 17-28

Like scary things? Then come and have some fun! Volunteer duties will include ticket-takers, guides and actual principals within the fright house. There are no spoken parts, but two positions require lip-synching recorded material. Volunteers are furnished cos-

tumes and make-up. Shifts are 12-5:30 p.m. or 12:30-6 p.m. on Fridays, Saturdays and Sundays or weeknights from 5-11 p.m. and Fridays and Saturdays from 5:30 p.m.-midnight. All volunteers will be given two passes to the Fair, which they can use at any time. To sign up call Joan at 636-8886 or 514-1893(cell).

On-going opportunity New mentoring program

GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs) Duval County

The program serves 8th graders at Ribault Middle School and 9th graders at Ribault High School and they are actively seeking mentors for these students. GEAR UP is a federal grant with objectives to increase community support and establish a mentorship program.

Volunteering as a mentor will not only be personally rewarding, but will be extremely meaningful to these students both in school and in their private lives. For more information contact Donna Soncrant at 924-3062, ext. 125.

**The information above is provided in part by Volunteer Jacksonville. "Do your heart some good, volunteer!" Check out their volunteer website at <http://jacksonville.volunteergateway.org/>.

NAV HOSP JAX NEWS

Volunteer in the Spotlight: *Ray Hennessey*

From NavHosp PAO

Naval Hospital Jacksonville's Volunteer in the Spotlight is Lt. Cmdr. Raymond (Ray) Hennessey, USN, Ret.

A native of Catonsville, Md., Hennessey joined the Navy in 1947 and worked his way through the enlisted ranks from Apprentice Seaman to Chief Petty Officer as an Aerographers Mate. In 1961, Hennessey was commissioned as a Limited Duty Officer.

Hennessey's military included many interesting and challenging duty stations. Not only did he serve on numerous ships and shore commands, he also served in several joint commands and with other branches of the military. "One time I got sent out with the Coast Guard on an Ice Breaker, which was quite an experience," said Hennessey.

While on active duty, Hennessey served four tours of duty in Jacksonville. The first in 1947 attending aviation school. He returned as a Chief and again as a Lieutenant and Lieutenant Commander. Two of the tours were with "Hurricane Hunter" squadrons. Hennessey commented, "We used to fly in hurricanes and typhoons and those are experiences that I will never forget."

In 1977 Hennessey retired after 30 years of military service and continued his adventures as a civilian. "From

1977 to 1986 I worked as a weather consultant and from 1986 to 1989 I enjoyed being retired and goofed around - I still goof around," said Hennessey.

In 1989 Hennessey returned to Jacksonville and became an active volunteer with many organizations in both the civilian community and the Navy. Mr. Hennessey was one of the original volunteers with Naval Hospital Jacksonville's Retiree Liaison Program that started in 1989 and has faithfully volunteered four to twelve hours each week since that time. According

to Hennessey, he volunteers because helping people is rewarding in itself.

"Another reason I volunteer is because I feel as though I owe the Navy, Hennessey explained. "I wanted to travel and the Navy gave me the opportunity to do that, so I'm sort of paying them back."

You can find Hennessey at the Retiree Liaison Desk in the Outpatient Clinic twice a week, serving on Monday and Friday mornings, with a comforting smile and a willingness to help.

When Hennessey is not at Naval Hospital Jacksonville, he is also a volunteer for other organizations, including the Northeast Florida Chapter of the Retired Officers Association and the Naval Weather Service Association.

In what spare time he has left, Hennessey enjoys carpentry work, reading and of course - traveling.



Hennessey



Photo By: HM3 Erica M. Rodriguez

Naval Hospital Jacksonville is working hard to keep your hospital beautiful. Recently the hospital won the Department of Defense Customer Service Award which included a monetary award. The hospital is using a portion of that award for self-help projects.

Hospital staff members are volunteering their time and effort. Flowers and mulch were bought with the award money.

Pictured in photo Cmdr. Janice Harrell-Parker and Capt. Glenn Goldberg prepare a flower bed for planting..

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of Jax Air News?
Check out our
archives online.

www.nasjax.navy.mil/JAX_AIR_NEWS/home.htm



NAVY NEWS

Air Strikes Effective Against Terrorist Targets

WASHINGTON (NNS) — U.S. and allied air strikes against terrorist targets in Afghanistan are having continued effect on terrorists, said Defense Secretary Donald H. Rumsfeld. “We continue to make progress in striking al Qaeda and Taliban targets across Afghanistan in the north and in the south, and in creating conditions that we believe will be necessary for sustained anti-terror operations in the country,” Rumsfeld told Pentagon reporters Oct. 18.

Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, accompanied Rumsfeld at the press briefing. He echoed the defense secretary’s impression, noting that the bombing missions are “destroying or degrading the Taliban infrastructure.”

The chairman said U.S. forces hit more than a dozen target areas that included terrorist camps and forces;

Taliban military facilities, including missile, vehicle and armor maintenance and storage sites; airfields; troop deployment and garrison areas; and command and control facilities. “We used tactical aircraft, primarily carrier based, although we did use a small number of F-15Es that operated from facilities in the region. And we employed a few long-range bombers,” Myers said, adding that AC-130 gunships were used again. Aircraft from the USS Theodore Roosevelt (CVN 71) also participated in yesterday’s strikes, he noted.

Myers noted that humanitarian relief efforts also continue. U.S. fliers flew four more C-17 humanitarian airdrop missions Oct. 17, delivering about 53,000 ration packs. This makes a total of more than 450,000 delivered. Leaflets exhorting people to abandon or to fight the Taliban and al Qaeda forces were dropped at two separate locations in northeastern Afghanistan, he noted.

Three video clips shown at the briefing showed the destruction of a Taliban headquarters and training complex

near Kabul; an armored vehicle in the open and training barracks in Kandahar in southern Afghanistan; and a Taliban security post in the south. Myers called the war against terrorism the U.S. military’s “most important tasking” since World War II. “What’s at stake here is no less than our freedom to exist as an American people. So there’s no option but success. We owe it to our families, and to the families of peace-loving nations to prevail in this fight,” he emphasized.

Myers asked troops, DoD civilians and allies to stay ready and focused. “Our victory will be the nation’s victory.

In a sense, it will be the world’s victory, or for sure, those who love freedom.”

Taliban Ability to Respond to Airstrikes “Falling Away,” Admiral Says

WASHINGTON (NNS) — The U.S. is using power in ways today that military tacticians never thought of before.

And it’s all aimed at reaching the nation’s objectives of destroying the instruments of power the Taliban uses to support Osama bin Laden’s Al Qaeda terrorist network, said Rear Adm. John D. Stufflebeem, the Joint Staff’s deputy director of operations for current readiness and capabilities.

“We’re systematically attacking those elements of the Taliban military that will take away the Taliban’s capability to support Al Qaeda,” Stufflebeem told reporters Oct. 17 during a Pentagon briefing. “Where those cross in support of the Northern Alliance objectives is a good thing.”

As U.S. aircraft attack the Taliban and Al Qaeda in Afghanistan, there are no “reports that they are returning fire on our aircraft,” he said. However, Stufflebeem, a Navy pilot, pointed out that a pilot could be shot at and not know

it. “Our sense is that the Taliban’s ability to respond is falling away,” Stufflebeem said.

With the reduction in the air defense threat, U.S. aviators started using a new

tactic on Oct. 16 called an “engagement zone.” Stufflebeem said “flex targeting” was used to hit those sites — a bomber flew to a target, returned to a tanker and was then sent to another target. “That’s using bombers in ways we’ve never done before.”

Stufflebeem noted. In the first use of engagement zone doctrine, the admiral said the aircraft struck 12 planned target areas, which included airfields, air defenses, dispersed armor, radar, ammunition, vehicle storage depots, artillery camps and military training facilities, including armored vehicles, trucks and buildings.

“About 90 to 95 strike aircraft were used in the attacks,” Stufflebeem said. “About 85 of them were carrier-based tactical jets, five land-based bombers and less than five were AC-130 gunships.”

He said the AC-130 brings special capabilities to the battle. “A pilot who is given a mission in an engagement zone

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NAVY NEWS

Continued from page 13

knows what type of target he'll go against mobile armor, mobile surface-to-air capability," Stufflebeem said. "A forward air controller will find those targets and pass them to the pilots to attack. So the sense that there is any free-wheeling or self-determination is not correct." He said if pilots spot targets of opportunity, they call controllers and they make positive identification before assigning aircraft to attack them.

Stufflebeem said Oct. 16 airstrikes involved military facilities in southern Afghanistan, including a garrison

facility of the 2nd Taliban Corps where barracks were hit. The images also showed where vehicles were destroyed in a Taliban bivouac area. Stufflebeem said the Department of Defense does not have any information

about the Northern Alliance taking the northern Afghanistan city of Mazar-e Sharif as some have reported. He characterized the battle between the Northern Alliance and the Taliban as "ebbing and flowing." He told reporters he wouldn't characterize "what we're doing today or what we'll do in the future." But he reiterated that the U.S. is continuing to support its campaign objectives and where they cross with those of the Northern Alliance there is a "mutual benefit."

Asked if U.S. gains in Afghanistan would be reversed if there was a bombing pause to allow humanitarian relief groups to do their jobs, Stufflebeem said, "There is nothing we're doing that should prevent the nongovernmental organizations from doing what they need to do. But I have seen reports that the Taliban is preventing them from doing what they should be doing. We're supporting all efforts. 'It's inefficient to provide humanitarian support from

the air — it's most efficient when it's done from the ground," Stufflebeem pointed out. "We would do anything to encourage nongovernmental organizations to be able to help those who need it. I think it's the Taliban preventing that more than it is our strikes." He said, "one of our missions hit a Red Cross warehouse that stored humanitarian goods. This building was within a set of targets we had identified as being used for military storage by the Taliban."

He said the Air Force continues to fly C-17 humanitarian missions. "We delivered about 53,000 humanitarian daily rations. Four C-17 airdrop missions delivered those yesterday," Stufflebeem said. "To date, we've had nearly 400,000 daily rations dropped."

Military Mail May Be Delayed, Deputy Chief Says

WASHINGTON (NNS) — Military mail destined overseas will get through,

but it may be delayed, said Capt. Eugene DuCom, deputy commander of the Military Postal Service Agency.

DuCom thanks overseas service members and their families for their patience since the Sept. 11 attacks. He said the

attacks grounded air fleets throughout the United States, thus delaying mail deliveries to and from overseas.

Since then, new security restrictions have also slowed deliveries. Packages, for example, could not be placed aboard passenger airlines. Those restrictions have since been relaxed.

Commercial airlines have canceled flights, further delaying all mail — including military mail. Now the anthrax mail attacks in Florida, New York, New Jersey and Washington will also slow deliveries. Military postal workers, for example, have masks and rubber gloves available to them as they sort mail. A policy may come out making that a requirement, DuCom said.

JaxTales

Mike Jones - mikejones43@hotmail.com





'Topcat' in the Spotlight

By Lt. j.g. Dan Bleicher
VS-31 PAO

AK3 Nena Hallum is this week's VS-31 "Topcat" in the Spotlight.

Hallum works in Maintenance ensuring the squadron attains the required parts and supplies it needs to operate. This is just one of many jobs Hallum has learned during her naval career.

Growing up in Pensacola, Fla., makes Hallum is no stranger to the Navy. Her father, a corrections officer, was happy when his daughter decided to join the Navy. Hallum's mother shares her time caring for seven children and serving as a bookkeeper in a local bank.

When work is over, Hallum goes home to her son, Christian. When asked if the Navy was in Christian's future, Hallum stated that she will recommend just that. "It will give him a good experience and help him grow up," Hallum explains.

A sailor for just two years, Hallum has visited several countries. After 'A' school in Great Lakes, Ill., Hallum spent a 18 months with HC-4 in Sigonella, Italy in the barracks and line divisions. Hallum visited Germany, Malta, Turkey and traveled throughout Italy. After this tour, she joined VP-30 at NAS Jacksonville.

After Christian was born, Hallum checked into VS-31 where she works in Maintenance Control. "Working with all of the different people" in the squadron is what satisfies Hallum the most. She is looking forward to deploying next year. She can't wait to return to Europe and visit more countries.

The future is bright for Hallum. She recently earned her Enlisted Aviation Warfare Specialist Wings and intends to enroll in Navy college programs. In five years she wants to be settled with a family. The "Topcats" congratulate Hallum as this week's "Topcat" in the Spotlight.

'Scouts' congratulate newest Chief Petty Officers

By Lt. Jake Abrams
VS-24 PAO

Three "Scouts" of VS-24 were recently pinned as Chief Petty Officers aboard USS Enterprise. Jerry W. and Dennis D. were both promoted to Chief Aviation Structural Mechanic. Douglas W. was promoted to Chief Aviation Machinist Mate. Learning that they had been selected to the rank of E-7 in June, the Chief Selects underwent months of intense initiation

and training which focused on the physical and mental challenges faced by non-commissioned officers in the Navy.

This was completed in conjunction with already busy and demanding daily life aboard a deployed aircraft carrier. After these requirements were met, they had the distinct pleasure of participating in the traditional Chief's initiation ceremony.

The following day, all qualified Chief selects were officially promoted

during a large pinning ceremony held in the hangar bay of the Enterprise.

The new Chiefs would certainly have liked to have their families present on such an important day, but they were surrounded by their Navy families while in the service of their country, and that added even more historical importance to the event.

The "Scouts" heartily congratulate their newest chiefs and wish them the best of luck as the Navy's newest senior enlisted leadership.

'Topcats' Ready for Action

From VS-31 PAO

The VS-31 "Topcats" recently returned from TSTA III and COMPTUEX onboard USS John F Kennedy (CV-67). Although the exercise was scheduled months ago, the departure date of Sept. 11 made this exercise anything but routine.

As soon as the terrorist attacks occurred, VS-31 was ordered to send a detachment of jets to join VS-30 on board USS George Washington (CVN-73). Both carriers, with VS-31 aircraft and crews, sailed north to provide air protection to the northeast from possible additional terrorist attacks. "The atmosphere was very tense and serious," explained Naval Flight Officer Lt. j.g. Dennis. "No one knew what the future held. Some were saying the exercise would turn into a full deployment," adds Sun.

The National Command Authority eventually released the "Topcats" and the other squadrons of Carrier Air Wing Seven which had embarked USS George Washington to continue with their scheduled exercise with USS John F Kennedy. Shortly afterwards the Kennedy battle group sailed south to the Puerto Rico operating area. The exercise, known as TSTA III and COMPTUEX, is a pre-deployment test of the battle group's ships, aircraft, and submarines' war fighting ability. Evaluators from Carrier Group Four tested the battle group on all aspects of naval warfare.

The "Topcats", flying the S-3B, completed a vast array of missions to support the battle group. Tasked with identifying all unidentified ships within the operating areas both day and night was a daunting responsibility.

Using the powerful radar systems in the Viking, the "Topcats" extended the Battle Group Commander's reach far beyond the range of his surface combatants.

When exercise hostilities began, the "Topcats" flew simulated armed reconnaissance flights, identifying hostile ships and directing Vikings as well as F-18 Hornets, F-14 Tomcats and EA-6B Prowlers to attack the opposing force. "Topcat" crews also provided electronic support for land strike missions. These precision missions often include dozens of carrier aircraft and helicopters.

Due to increased security concerns, the Kennedy battle group cancelled their scheduled port visit to St. Thomas.

This cancellation meant that VS-31 would not get the well-deserved rest so many were looking forward to. For many this amounted to the longest period at sea in their careers.

"We knew the sacrifices people were making back home, so we put aside our complaints and went about our jobs," explains ADAN Zack, an aircraft mechanic in the power plant shop.

When the exercise ended, the results were added up and the final grades released. The "Topcats" did incredibly well in all areas.

Crews had many notional 'kills' of enemy ships and the squadron placed in the top five in the air wing for both day and night carrier landings.

The Air Wing Commander praised

Lt. Eric and LT Shane for earning accolades as two of the "Top Five Nuggets." They competed for this honor against all other first cruise pilots in the air wing.

Any joy the "Topcats" feel about their successful work up period has been dampened by the state their country finds itself in. The future schedule of the "Topcats", once thought to be relatively stable, is now changing on a daily basis.

"All we know right now is that we are prepared to do whatever our country asks of us, whenever they ask it," AO3 Jon boldly states.

This past exercise only confirmed his statement: the "Topcats" are ready for action!



(Above) Topcats catch a breath in between launches and recoveries on the JFK. From left: AE2 Ian, AD2 James, ADC Jorge, AT2 Paul, and AM2 Joe

An S-3B "Viking" aircraft waits on the flightdeck.



AMC Chief Roger welcomes a Viking aircraft returning from a mission.



S-3B "Viking" aircraft fly in formation

AOAA Brian and AO3 Jon bring a Maverick missile to a Viking.



Book Review:

‘The Great Wall at Sea: China’s Navy Enters the Twenty-First Century’

WASHINGTON (NNS) — Dr. Bernard Cole of the National War College in Washington, D.C., has written a pivotal volume that realistically deals with the threats, future and limitations of China’s navy. “The Great Wall at Sea: China’s Navy Enters the Twenty-First Century” is destined to become the quintessential reference on the development and future of the People Liberation Army (Navy) PLAN.

The book begins with a discussion on competition for resources with China’s southern neighbors. The most serious disputes have involved Vietnam and Philippines over fishing rights, drilling in the South China Seas and a string of islands that are disputed by no less than five Asian nations.

This has led to Manila, Bangkok and Kuala Lumpur to find alliances with the United States to counter Chinese threats and domination of what they perceive as international waters.

Also discussed is China’s desire to have a modern navy able to assert itself regionally. Military planners have coveted the capabilities of the Japanese Maritime Self-Defense Force and have an insatiable appetite to develop so-called reverse engineering technology. This involves acquiring military hardware and studying ways to produce it locally.

General Liu Huaqing can be called the father of modern China’s maritime strategy. Leading the PLAN from 1982-87, he envisioned the People’s Repub-

lic reaching its goals for sea power by establishing first and second zones of maritime influence. The first zone encompasses dominance from shore, island and sea power projection along the Yellow and South China Seas. The second zone encompasses an area involving strategic straits and the Western Pacific. The author does a marvelous job at highlighting the key strategic straits linking the Persian Gulf with the Pacific Rim.

A chapter focuses on personnel and it is interesting to see that China’s navy has many of the same issues our own U.S. Navy has in regards to recruitment, training and retention.

The Chinese have also been enamored by our own Reserve Officer Train-

ing Corps (ROTC) programs and have implemented them in their own colleges.

Once readers delve deeper into this book they will come to realize how a Chinese carrier fits in the overall maritime strategy of the People’s Republic. The answers to this and many other questions will yield surprises.

Pick up this latest book and learn about a regional navy that may one day challenge the United States in the Pacific.

“The Great Wall at Sea: China’s Navy Enters the Twenty- First Century” is available through the Naval Institute Press in Annapolis, Md. It is 288 pages and costs \$34.95.

MWR NOTES

Auto Skills Center - October is National Car Care Month

Get your car ship shape! In observance of "National Car Care Month", The Auto Skills Center will be conducting a free, 30-point vehicle inspection for the month of Oct. If you were thinking of doing any travelling for the upcoming holidays now would be a great time to check out some potentially hazardous problems with your car. The Auto Skills Center staff will provide a comprehensive safety inspection using a check sheet provided by the National Automotive Counsel. The inspection is designed to identify safety hazards and deficiencies that may require costly repairs. Patrons will receive a copy of the check sheet and also have an opportunity to address concerns with an ASE Certified Mechanic at the Auto Skills Center, because of the anticipated response to this service appointments are requested. The ASC will be open for scheduled appointments during normal operating hours. Call 542-3227 for an appointment.

Mulligan's and Chicken Jose'

All you ghouls, ghost and goblins take heed! Mulligan's Annual Halloween Party is about to take fright! Friday, October 26 Mulligan's will let the haunting begin. Social hour starts at 4pm and the festivities at 6pm.

Patrons can enjoy frightfully delicious beverage specials and ghoulish entertainment. Put on your masks and wear your most fiendish outfit and enter the costume Contest.

Mulligans - Make your holiday party planning easier

They're waiting to take your order if you need a setting for a small luncheon, catered outing & Hors d'oeuvres parties. Give them a call for that special touch you need to keep the party going and going and... Call Mulligan's 19th Hole at 542- 2936.

Brew House: 542-5009 Football Specials:

Calling all football fans! Catch the Sunday Game Fever at The Budweiser Brew House. The Brew house shows all the games on the NFL Sunday Ticket. Enjoy \$.25 Wings, \$5 Touchdown Platter and beverage specials during the games. Bring a friend and enjoy the action.

Liberty Cove Recreation Center

The Liberty Cove Rec Center has a great line up of events and trips prepared for the month of October. Single sailors you'll want to take advantage of some or all the events available. Our next big outing is Adventure Landing on Saturday, Oct. 27. The cost for this trip is \$10. The fee includes unlimited miniature golf, go kart racing and laser tag. The Van leaves Liberty Cove at 10:30am and returns home at 3:30pm. So, "don't be a drag, get up off it and go have some fun!

Think you got game? Come on out and join us for our next 90 Second shoot Out on Monday, Oct. 29 at 11:30am. We'll have some free food beginning at 11am. Bring your game

stuff and an appetite!

We want you to put on your best face, Scary Face that is and join us at Liberty Cove for our Haunted BBQ Dinner & Games. We'll be howling for you on Wednesday, Oct. 31 from 6 to 9pm. We're going to have a pumpkin-carving contest with prizes awarded for 1st, 2nd and 3rd place. Free for active duty. If you really want to get your Freak on, join us for our all day Scary Movie Marathon. We'll be showing some classics like Scary Movie and Halloween H2O. The Liberty Cove Recreation Center has your Halloween appetite all sewed up. Join us!

The Liberty programs activities and trips are open to active duty and guests 18 & over. The Tournaments are open to active duty only! Liberty Cove Recreation Center is Located on the corner of Yorktown Ave. & Jason St. The operating hours are:

Sunday-Thursday: 11am-Midnight

Friday: 11am-2am

Saturday: 10am-21m

Aquatics

Are you looking for a challenging water sport? Take the plunge with water polo. Group workouts are on Tuesdays at 4pm and Thursdays at 5:30pm. Practices will begin with drills and conditioning and work up to a scrimmage at the end of each session. For more details call the aquatic staff at the gym at 542-3239.

Child Development Center

The Child Development Center now has immediate openings in our preschool age group. Weekly childcare consists of breakfast, lunch, PM snack, and an educational program that promotes the intellectual, physical and so-

cial growth of each child. For more information on our program and procedures on how to sign up for weekly childcare, please contact the center at 542-5434. We are open Monday through Friday from 6:15am-6pm.

Holiday Card Contest

Compete in the 2001 Holiday Card Contest and win up to \$500 for command recreation funds! MWR supplies the ply board, you supply the work and decorations. The contest is open to all commands. Complete registration forms by Oct. 25. To obtain a registration form visit the MWR special events page www.nasjax.navy.mil or stop by any MWR facility. Cards must be completed by Nov. 28. Winners will be announced at the annual Christmas tree lighting on Dec. 7. Call 542-3518.

Information, Tickets, Travel 542-3318

All ITT Trips are open to "All Hands" and make for a great way to see local and surrounding areas hassle free. The ITT office has some unique trips planned that will lead you to some delightful places with Old World charm and quaint settings, or take you on a rowing trip down a scenic river.

Are you looking for a ghostly experience? Catch the ITT trip on Friday, October 26 to St. Augustine. This outing begins with a tour of the San Sebastian Winery, in St. Augustine followed by a free taste of the spirits. Next enjoy dinner at O.C. White's where you will have a choice of a New York steak or salmon. Lastly take the Ghostly Experience walking tour and wander with the spirits and hear tells about St. Augustine's 400 years of ghostly history. Enjoy this trip with a full night of fun for only \$35.

Halloween in America's oldest city - St. Augustine

Oct. 27 and Halloween night, serious ghost hunters can go on a two-hour paranormal investigation that will feature the scientific side of ghostly phenomenon. Join the team and review actual evidence, use detection equipment and search for activity inside a haunted location. Tickets for this Ghost Hunters Paranormal Tour are \$20 for adults and \$15 for seniors, students and children under 12. For reservations and information, call (904) 829-1789.

For a memorable trip through the maritime hammock, join the Friends of Anastasia State Park Oct. 26 and 27 for their annual Haunted Hayride. The tour features an old-fashioned hayride, historical ghosts, scary movies, popcorn and a pumpkin giveaway. The hayrides take place from 6:30 p.m. - 9:30 p.m. each night. Admission is \$2 per person; age 5 and under are free. Proceeds will benefit park improvement projects. For more information, call (904) 461-2035.

The World Golf Hall of Fame will be transformed into the Haunted Hall of Fame Oct. 29 - 31 from 6 to 9 p.m. Scheduled activities include trick-or-treating, Halloween themed videos, Pumpkin golf and a mask-free parade at 7:30 each night. Admission is \$3 per child, accompanying parents are free. For more information on this event and special showings of the IMAX movie *Mysteries of Egypt*, call 904-940-4123.

For more information about St. Augus-

tine, Ponte Vedra and the Beaches, call the Visitors and

Convention Bureau, toll-free, 1-(800) OLD CITY (653-2489), or visit their website at www.VisitOldCity.com

Oct., 25-27 & 31 Old School Frights on Halloween Nights

The Oldest Wooden Schoolhouse will be filled with ghosts, ghouls, and frightful apparitions at every turn. \$8 per person. Not recommended for children under six. Info: 888.OLD.SCHL.

Oct., 26-27, and 31 Halloween 2001

Ancient City Tours has a variety of Halloween Tours to choose from this year. There will be a walking Ghost Tour (\$6), a Haunted Boat Tour for adults called *Spirits of the Sea* (\$12) and a similar tour for kids called *Little Ship of Horrors* (\$3). They will also offer haunted tours of the Spanish Military Hospital (\$5). Buy tickets to all tours and receive a discount. Info: 800-597-7177, 904.827.0807, or www.ancientcity-tours.net.

Oct., 26 & 27 Trick or treat at the lighthouse

Two nights of safe free trick or treating from 5:30-7:30 pm. There will be a pirate graveyard, scarecrow garden and plenty of doors to knock on for trick or treats. Face painting and scary stories will also be featured and really brave visitors can

say hello to the spirits in the haunted tower. Free admission, but children should bring an adult and a bag for treats. Info: (904) 829-0745.

Oct., 26, 27, & 31 A Ghostly Experience Tour 2001

The ghosts of St. Augustine will speak during Ghost Tours of St. Augustine's annual Halloween tour. Tours will run continuously from 7 pm to 10 pm. The starting location is at the north end of St. George Street across from the Oldest Wooden Schoolhouse. Famous spirits from the last 400 years will appear at several sites to tell their own tales as spirit guides lead guests safely from one location to the next. Price is \$8.00 per person, children under 6 are free. Haunted cruises aboard the sailing ship "Freedom" will also be offered. Info: 888461-1009, (904)461-4604 or www.ghosttoursofst-augustine.com.

Oct., 27 & 31, Two-hour paranormal investigation

Features the scientific side of ghostly phenomenon. Join the team and review actual evidence, use detection equipment and search for ghostly activity inside a haunted location. Space is limited and reservations are required. Adults \$20, \$15 for seniors, students and children 3-12. Info: (904) 829-1789.

Oct., 26 and 27 Haunted hayride through Anastasia State Park

Ride beautiful maritime hammock. Special appearances by historic ghosts, classic scary movies, popcorn, face painting and other Halloween fun. Admission is \$2, age five and under free. Proceeds benefit park projects. Take a nighttime Info.: (904)461-2035.

Oct., 27 9th annual guided tour

Hear spooky stories inside the walls of St. Augustine's historic Spanish Quarter Village by Tale Tellers of St. Augustine, a storytelling guild. All ages; costumes encouraged. Donation: Children under 12: \$2, Adults: \$4, Family: \$10. Location: St. Augustine Spanish Quarter Village, 29 St. George Street, in St. Augustine's Historic District. Time: 6 - 9 p.m. Info: 904.471.7316.

Oct., 29-31 the 6- 9p.m. Festivities

Include films inside the Hall of Fame, pumpkin golf, treats and games for kids, and many more ghoulish surprises—including the Wizard of Oz and a pumpkin patch, plus a kids parade each night at 7:30. Admission is \$3 for kids and adults accompanying their children will be admitted free. Info: (904) 940-4123 or www.wgv.com.

FFSC Calendar

Life Skills Education and Support Program calendar October-December 2001.

The following classes and workshops are being offered at your Fleet and Family Support Center, Building 876. To register or for more information call 542-2766.

Life Skill Education Programs

Anger Control Workshop

Learn alternatives to anger and what to do when you get angry. Dec. 13, 8-11 a.m.

Career Success - Dealing with Work

This presentation is designed to increase awareness of internal value conflicts when two personal issues are tested. Participants will explore various methods of making healthy choices and effectively resolving these conflicts. Workshop available upon request.

Coping with difficult people

This workshop focuses on interpersonal skills, communication skills and coping with conflict in personal and work relationships. Dec. 6, 9 a.m.-12 p.m.

Divorce Adjustment Workshop

This workshop addresses such issues as the emotional impact of divorce on couples and children, coping skills and communication techniques, which can help reduce the effects of divorce. This program is designed for those who are contemplating or involved in a divorce. Oct. 30, 8 a.m.-12 p.m.; Nov. 27, 8 a.m.-12 p.m., Dec. 19, 8 a.m.-12 p.m.

Emotional Eating

This workshop is for adults who are experiencing difficulties as a result of using emotional eating as a coping mechanism for handling stress. Workshop available upon request.

Florida Family Law Information Seminar

This three-hour seminar is structured

to include important information about Florida law for individuals contemplating divorce in Florida. Topic areas covered include: residency requirements, Soldiers' and Sailors' Civil Relief Act, Florida divorce statutes related to grounds for divorce, property division, settlement agreements, Former Spouses' Protection Act, division of retirement benefits, alimony, child custody and visitation, mediation services, child support considerations, medical support benefits, life insurance, pro se divorce, hiring an attorney, and where/how to access help with divorce support issues. Seating for each seminar is limited. Nov. 5, 9 a.m.-12 p.m., Dec 3, 9 a.m.-12 p.m.

Have a healthy relationship

Learn to take control of your life by letting go of dependency on others. This workshop helps you explore your own inner self. Nov. 1, 9 a.m.-noon.

Marriage Workshop

This workshop is for couples who are interested in marriage enrichment through improved communication,

problem solving skills, and realistic expectations of marriage. Oct. 16, 8 a.m.-5 p.m.

Self Esteem

Workshop participants explore how the relationship that we have with ourselves affects our interaction with others. It includes techniques designed to increase self-awareness and improve self-esteem. Workshop available upon request.

Stress Management Workshop

Learn to manage and control tension and stress through relaxation techniques and lead a happier, healthier and more productive life. Nov. 20, 8 a.m.-4 p.m.; Dec. 18, 8 a.m.-4 p.m.

Time Management

Identify major time wasters and effective time-saving techniques that can help you be more productive. Nov. 8, 9:30 a.m.-12 p.m.

Distance runner tunes engines, body

Story and Photo by Jeff Hilton
Staff Writer

Boston Marathon runner Jeff Tomaszewski may have found the secret to setting a personal record (PR) - get injured and cut back on running prior to the big day.

Tomaszewski cherishes his Boston effort that followed several months of runner's knee. The pain limited him to maximum training runs of 13 miles, just half the traditional marathon distance. Swimming and biking became primary factors in his quest for marathon-sized stamina. "I did a lot of cross-training."

One of 15,000 runners in the Boston Marathon last spring, Tomaszewski enjoyed the event on two levels. As a competitor where he placed 574th, finishing in 2 hours 55 minutes and 40 seconds. On another level, the changing scenery provided a distraction to the mental and physical demands he faced. Starting in Hopkinton, passing through the tunnel at Wellesley College, keeping focused over Newton's four hills and prevailing over historic Heartbreak Hill, he used the ever changing route to channel his efforts and forget his body's call to throw in the towel. One of 380

runners from Florida, Tomaszewski called his experience "unbelievable." His Boston time was the best finish of the three marathons he has taken on.

Tomaszewski, an Aviation Machinist's Mate (AD) Second Class, with Aircraft Intermediate Maintenance Department (AIMD) Powerplants he operates a test cell for T-56 engines, the final test and check for all P-3s assigned to Patrol



Jeff Tomaszewski

and Reconnaissance Wing Eleven.

The Keystone State native grew up in Pittsburgh where his favorite sport was soccer.

His evolution into a distance runner and triathlete began after joining Patrol Squadron (VP) 16 in 1997. He met the War Eagles on deployment at Naval Air Station Sigonella, Italy. "I picked up running as a hobby," he said.

Once he started, Tomaszewski got his inspiration to run competitively from War Eagle CMDMC Lou Rice who he calls, "a big runner and triathlete... he really inspired me to become more and more involved."

The former Penn State student estimates he has completed 25 to 30 triathlons and more than 50 runs from five kilometers to half marathons.

To stay competition ready, Tomaszewski cycles 150 miles, runs about 40 and swims about 12 weekly.

Most mornings his training starts at 5:30 with a mix of cycling, running or swimming. The marathon runner doesn't limit training to once a day. "I usually throw in a run or swim later in the day," he said.

Is he the only athlete in his family? "No," he said, "my sister kicks my butt in rock climbing."

Athletes training at his level require a massive fuel supply, one Tomaszewski has no difficulty consuming, "I just eat every-

thing I see, all day long. No fried foods though, but a lot of peanut butter."

While a training diet is important, he knows the value of those water and fruit stands along the course are vital to going the distance. "One of the most important things you can do is stay hydrated and eat. When you're dehydrated your body falls apart."

See Triathlete, page 22

"I just eat everything I see, all day long.

No fried foods though, but a lot of peanut butter."

Jeff Tomaszewski

Triathlete

Continued from page 21

On the job, AFCEM (AW/NAC/PJ) Robin Greer noticed Tomaszewski's potential soon after the developing runner joined AIMD. "He's an outstanding young man who has completed a lot of qualifications," Greer said. The master chief praised his efforts on and off duty, "I told him, 'I want you to keep that up.'"

Tomaszewski said his AIMD supervisors have encouraged his athletic pursuits, "Ever since I got to AIMD they've been very supportive of my activities."

AD1 William Peyton is Tomaszewski's supervisor. A former All Navy soccer player who views the experience as a career highlight, Peyton knows the effort needed for competitive athletics. "He's a very good worker ... I encourage his athletic pursuits," said Peyton.

His dedication is well known to NAS Jax Sports Coordinator Bill Bonser who oversees the Navy Region Southeast Running and Triathlon Team. "He's a phenomenal athlete," said Bonser, "he trains hard and is doing a great job for us." Bonser pointed to Tomaszewski's Florida Challenge Triathlon first place finish in 3:23:55 last month as just one example his performance level.

He is a charter member on the region's running squad. The nine men and six women have participated in about 30 events since January and have their sights on the Gate River Run early next year.

Tomaszewski says he derives far more from his athletic endeavors than trophies, T-shirts and the seven-percent body fat he carries. "I think you learn a lot when you exercise your mind and body."

His most recent event was the Florida Ironman Triathlon on Oct. 20. Tomaszewski covered the 2.5-mile swim, 112-mile bike ride and 26.4-mile run in 11:04:03 - good enough for 39th overall among 972 competitors. He placed second among 25 in the military division and sixth of 81 in his age group. "It was rough, up and down hill on both the run and ride. It was very strenuous."

Training for up to 20 hours a week has not cut into his other interests.

The 26-year-old Sailor just completed a bachelors in aeronautics at Embry Riddle University as well as pilot ground school with Jax Navy Flying Club. "My ultimate goal is to fly," he said.

With a four-year degree in hand, Tomaszewski is also looking at several routes to a Navy commission.

Tomaszewski finds the running he started as a way of passing off-duty deployment time is now the source of considerable personal satisfaction and motivation, "It helps me pursue goals I never thought were possible."

JAX SPORTS

For more information about any sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239.

e-mail:

dbonser@nasjax.navy.mil

dgorman@nasjax.navy.mil.

Visit MWR on the web:

www.nasjax.navy.mil/mwr.

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers also needed for basketball and softball. Experience not required. Call Al Vandercar, 282-0809.

Intramural Basketball League forming

The Intramural Basketball League is open to all NAS Jax active duty commands and personnel. The season is scheduled to begin Nov. 5 with games played Monday through Thursday at 5, 6:15, and 7:30 p.m. To join stop by the gym and fill out the necessary paperwork.

Greybeard Basketball meeting Nov. 2

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 33 and above. Meeting held in Main Event at "The Zone" at 11:30 a.m. The season is scheduled to begin Nov. 27 with games played Tuesdays and Thursdays at 11 a.m. and

noon. Interested personnel should attend meeting to discuss rules and to get required paperwork to join league.

Turkey Shoot Racquetball Tournament Nov. 13-16

The Turkey Shoot Racquetball Tournament is free and open to all authorized gym patrons over 18. The tournament includes recreational and competitive divisions for men and women. Matches will be played in the evening starting at 5 p.m. Winners will receive turkeys. Call the NAS Jax Gymnasium to sign up by Nov. 7.

Men's varsity flag football and basketball coaches wanted

The NAS Jax Athletic Department is looking for experienced military or civilian individuals who would like to coach the men's varsity flag football team and the men's varsity basketball team. The team represents NAS Jax in military and community tournaments in southeast region. Interested personnel should contact NAS Jax Athletic Department.

Navy Southeast Regional Running and Triathlon Team

Are you a competition runner who would be interested in representing the U.S. Navy in 5k, 10k, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and women in regional races. Uniforms provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in

sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional Qualifying Times

5K	Men	Women
	19:00	24:00
10K	34:00	46:00
Marathon	3:30:00	4:00:00
Triathlon	2:30:00	3:00:00
Triathlon time based on 1.5k swim, 10k run, 40k bike.		

Water polo players wanted

The NAS Jax Athletics and Aquatics Department is seeking active duty personnel who would like to play water polo. This is a new program and all interested personnel should contact NAS Jax Athletic Department to sign up.

Lieberty League Golf

Team	W	L	T
NAVY BAND	10	2	0
AIMD B	10	3	0
VP-45 B	10	3	0
GEMD	10	3	0
2NDBN351	8	3	0
VP-30	8	4	0
NAVAIRES	9	4	0
BLOUNT IS.	8	4	0
BMC	5	7	1
CSCWL	5	7	0
SERCC 2	4	8	1
FACSFAC II	2	9	1

Freedom League Golf

CPRW-11	11	1	1
FACSFAC I	10	2	1
SERCC 1	9	2	1
VP-45 A	9	3	0
VR-58	9	4	0
NAMTRA BLUE	8	5	0
AIMD A	7	6	0
NAVHOSP	6	5	1
NCTS	5	8	0
FASO	4	8	0

Intramural Volleyball

Team	W	L	Pct.
AIMD	5	2	.714
CSCWL/VR-58	5	2	.714
COMNAVREGSE	5	2	.714
SERCC-1	5	3	.625
SERCC-2	2	5	.286
VP-30	2	0	1.000
CHSWL	1	4	.200
CPRW-11	1	6	.143

Greybeard Softball

Team	W	L	Pct.
NAMTRA	6	1	.857
VP-30	5	1	.833
VP-45	4	2	.667
NAVAIRES	2	3	.400
CPRW-11	2	4	.333

STANDINGS

Flag Football

Team	W	L	Pct.
AIMD	11	0	1.000
VR-58	11	2	.846
VP-45	10	2	.833
VP-30	11	3	.786
FACSFAC	8	4	.667
WEAPONS	6	5	.545
ASTC	4	6	.400
VS-31	2	3	.400
NLSO	4	7	.364
VS-30	3	7	.300
NAMTRA	3	8	.273
CHSWL	3	8	.273